

Irene Dicks

# Culinary Art



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*Our objective in publishing and sale of this book is to raise money to assist toward the building of a Parish Hall—a much needed necessity at the present time.*

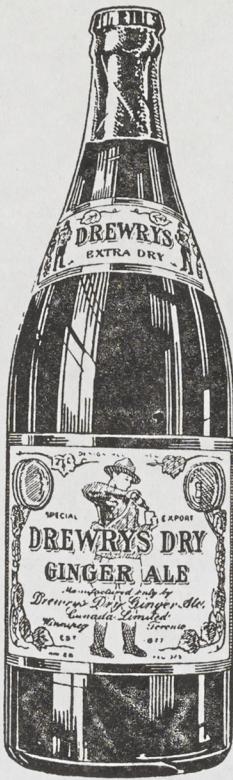
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*Iris Magus (Mrs.)*

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### APPLE UP-SIDE-DOWN CAKE

$\frac{3}{4}$ cup brown sugar	$\frac{1}{4}$ cup molasses
$\frac{1}{4}$ cup butter	1 cup sifted flour
$\frac{1}{4}$ cup fruit juice	1 tsp. baking powder
2 or 3 apples	$\frac{1}{2}$ tsp. soda
$\frac{1}{4}$ cup shortening	$\frac{1}{8}$ tsp. salt
$\frac{1}{3}$ cup white sugar	$\frac{1}{2}$ tsp. cinnamon
1 egg	1 tsp. ginger
	$\frac{1}{3}$ cup boiling water

Melt the butter in baking dish. Add brown sugar and cook together, stir in juice. (Juice prevents cake from going hard when taken from oven.) Pare and core the apples. Cut apples into rings. Arrange in sugar mixture. Cream shortening and sugar well. Add beaten egg and molasses. Beat thoroughly. Mix and sift dry ingredients and add to mixture. Lastly add boiling water, mix quickly. Pour over apples. Bake in moderately slow oven ( $325^{\circ}$ ) for 40 minutes. For a treat dress with whipped cream.  
Serves 6.

— Muriel Zebinski

### CHOCOLATE CHIP COOKIES

$\frac{1}{2}$ cup shortening	$2\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup butter	1 tsp. baking soda
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp. cream of tartar
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ tsp. salt
1 egg	1 tsp. vanilla
	1 package Tinies

Combine butter and shortening, cream thoroughly together. Add white and brown sugar, beat well, then add egg and mix lightly. Sift together the flour, baking soda, cream of tartar and salt. Sift once again into mixture and blend well. Add vanilla, lastly the Tinies. Mould into small balls using the palms of the hands, lay on a greased cookie sheet. Press lightly with a fork and bake in a  $400^{\circ}$  oven for approximately 10 minutes. This makes 5 dozen fairly large cookies.

— Mrs. C. Lemmen

### DATE AND NUT LOAF

1 cup of dates	1 tbsp. shortening or butter	1 egg
$\frac{3}{4}$ cup of brown sugar	$\frac{1}{2}$ cup chopped walnuts	
$1\frac{1}{2}$ cups flour (or 1 cup flour and $\frac{1}{2}$ cup fine oatmeal)		
1 tsp. baking soda		$\frac{1}{4}$ tsp. salt

Put dates and soda in basin and pour one cup of boiling water over it. Let stand until luke warm. Follow ingredients then bake in oven ( $350^{\circ}$ ) for one hour.

— Mrs. C. Holland



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## ROLLED OAT CAKE

1 cup rolled oats	1 cup boiling water	
Pour water over oats and let stand for 30 mins.		
1½ cups brown sugar	2 eggs	½ cup shortening
Mix well and add oatmeal mixture.		
¼ tsp. salt	1 cup dates	1 cup flour
1 tsp. cinnamon	1 tsp. soda	½ tsp. cloves
Bake in moderate oven 45 minutes.		

— Mrs. A. Mastin

## PINEAPPLE SQUARES

Add ½ cup of white sugar to 1 small can crushed pineapple and 2 tbsps. cornstarch, 1 tsp. butter, 1 tsp. vanilla. Cook until thick. ½ cup butter, ½ cup brown sugar, 1½ cups flour (mix to crumbs, take out ¾ cup and put aside for top. Now add 1 tsp. baking powder to mixture. Mix thoroughly and add 1 egg unbeaten. Press into pan, put pineapple over this. Mix 1 cup cocoanut with the ¾ cup crumbs and sprinkle over top. Bake slowly until brown.

— Mrs. Patterson

## FEATHER-WEIGHT CAKE

2 eggs	1 tsp. baking powder
1 cup sugar	¼ tsp. salt
1 tsp. vanilla	½ cup milk
1 cup flour	1 tbsp. butter

Beat eggs until light and lemon colored. Gradually add sugar beating continually. Add vanilla, sift flour, salt and baking powder together and add to first mixture. Fold in until flour disappears. Heat milk and butter to boiling point and add last. Batter is thin. Cook in slow oven about 300 degrees 30 minutes Remove from oven and revert cake pan at once. Remove cake when cool.

— Mrs. I. Shibley

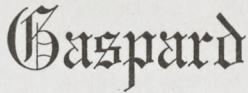
## COCOANUT CRISP COOKIES

1 cup shortening	1½ cups rolled oats
½ cup brown sugar	2 cups cocoanut
1 cup white sugar	1½ cups flour
1 egg	1 tsp. baking powder
1 tsp. vanilla	1 tsp. baking soda

Cream shortening well, add brown sugar then white sugar gradually. Cream all together. Add eggs and vanilla and beat. Add dry ingredients sifted together. Add rolled oats then cocoanut. This mixture is fairly dry. Roll in balls and flatten with a fork. Cook in oven 350-375 degrees for 10 to 15 minutes.

— Mrs. I. Shibley

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## FRUIT AND NUT DROP COOKIES

$\frac{1}{2}$ cup of shortening	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ cup brown sugar	1 cup rolled oats
2 eggs	1 cup of dates
1 cup flour	1 cup walnuts
1 level tsp. baking power	$\frac{1}{4}$ cup milk

Mix all together and drop on a greased baking sheet. Heat oven to 350° and bake 15 to 20 minutes.

— Mrs. C. Holland

## RAINBOW CAKE

$2\frac{1}{4}$ cups sifted cake flour	$\frac{1}{2}$ cup shortening
$\frac{1}{4}$ teaspoon soda	1 cup sugar
$\frac{1}{4}$ teaspoon salt	1 package Jello
3 teaspoons baking powder	3 eggs, unbeaten
1 cup plus 2 tablespoons milk	

Method: Sift flour once, measure, add soda, salt and baking powder, sift together three times. Cream shortening, add sugar and Jello, gradually cream until light and fluffy. Add eggs, beating well after each. Add flour alternately with milk, beating after each addition. Turn into two round 9-inch layer pans which have been lined with paper. Bake in moderate oven, 375 deg., for 25 to 30 minutes.

— Mrs. C. A. Barry

## JELLO SEVEN-MINUTE FROSTING

3½ tablespoons Jello (any flavor)
$\frac{1}{2}$ cup of very hot water
1¼ cup granulated sugar
2 egg whites, unbeaten
Dash of salt

Dissolve Jello and sugar in water in top of double boiler, add egg whites and salt. Beat constantly and cook seven minutes or until the frosting stands up in peaks.

— Mrs. C. A. Barry

## COCOANUT QUEEN CAKES

$1\frac{1}{2}$ cups flour	$\frac{1}{4}$ tsp. cream of tartar
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ tsp. baking soda
$\frac{1}{4}$ tsp. salt	

Enough milk to make like pastry. Line tart tins and put in 1 teaspoon jam or jelly. To make filling: 2 eggs well beaten,  $\frac{1}{2}$  cup brown sugar, 1 cup cocoanut; 1 teaspoon to each tart; put crosses on pastry and bake until golden brown.

Mrs. Cochrane

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## TEA BISCUITS

$\frac{1}{4}$ lb. shortening	2 cups flour	pinch salt
4 tbsp. white sugar	4 tsp. baking powder	
1 egg (add enough milk to egg to make $\frac{3}{4}$ cup liquid)		

Prepare as ordinary tea biscuits and bake at 350 deg. for 12 minutes.

— Mrs. D. Swan

## VINIR TERTA (Icelandic)

$\frac{1}{2}$ cup butter	1 tsp. vanilla
1 $\frac{1}{4}$ cups sugar	3 tsp. baking power
3 eggs	pinch of salt
3 cups flour or enough to make mixture right for rolling out	

Cream butter, add sugar and cream. Add eggs and salt, beating well. Add vanilla. Sift flour and baking powder together and add gradually, mixing well. Split into 6 equal parts and roll out to approx. 9" circles. Bake one or two at a time on cookie sheet at 375 deg. until golden brown. Let cool, then spread each layer with prunes, which have been chopped and boiled to spreading consistency (approx. 1 lb. prunes required). Place layers one ontop of the other and let stand. Slice to serve. Chopped walnuts may be added to prunes if desired.

— Mrs. A. E. Burton

## FRY PAN BALLS

1 tbsp. butter	1 cup granulated sugar
1 $\frac{1}{2}$ cup chopped dates	2 well beaten eggs

Place the above in frying pan and cook until thick, stirring well, and then cool. Add to 3 cups Rice Crispies, mix and cool. Roll into small balls and roll in cocoanut.

— Mrs. A. E. Burton

## ORANGE BREAD

1 cup orange rind	2 eggs
1 cup brown sugar	$\frac{3}{4}$ tsp. salt
1 cup white sugar	3 cups flour
4 tbsp. butter	3 tsp. baking powder
1 cup milk	

Saye orange peel and scrape out white lining, which is apt to be bitter. Snip rind into tiny bits, then measure. Cover with cold water and bring to boil, then drain away water. Repeat this three times, then drain and add brown sugar. Heat of rind will partly dissolve this. Cream butter and white sugar, then add orange rind and brown sugar. Add well beaten eggs and salt. Sift flour, baking powder and add alternately with milk. Turn into well greased loaf pans (2) and bake in slow oven, 325 degrees for about one hour. Cool before slicing.

— Mrs. A. Mount

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## CHOCOLATE MARSHMALLOW SQUARES

Melt one packet of Dot chocolate in a double boiler. Add one can sweetened condensed milk. Cool. Crush 12 graham wafers. Put  $\frac{1}{2}$  in bottom of 8 inch square pan. Add 24 marshmallows to chocolate and milk mixture. Pour over crumbs and cover with rest of crumbs. Put in refrigerator overnight.

— Mrs. T. Lemmen

## CHOCOLATE BALLS

1 tin sweetened condensed milk	$\frac{1}{4}$ tsp. salt
2 squares chocolate	36 graham wafers rolled fine

Melt chocolate and add to milk with salt. Mix well, add enough crnmbz so that you can pick up the miiture and roll it into balls. Roll in chopp-ed nuts or cocoanut. Chill until ready to serve.

— Mrs. Patterson

## EASY CARAMEL ICING

1 cup brown sugar	1 tbsp. butter	$\frac{1}{4}$ cup cream or milk
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Boil 2 min. without stirring. Cool. Add a little vanilla and enough icing sugar to spread. Add lastly a little maple flavouring.

— Mrs. D. Swan

## BRAN MUFFINS

1 cup brown sugar	1 tsp. baking soda
$\frac{1}{4}$ lb. shortening	1 tsp. baking powder
1 egg	$1\frac{1}{2}$ cups flour
1 cup milk	$1\frac{1}{2}$ cups cooking bran
pinch salt	

Cream shortening, add sugar then egg. Add flour, baking powder, salt and baking soda alternately with milk. Lastly add bran. Cook at 350°.

— Mrs. D. Swan

## MAIDS of HONOR

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup sugar
2 unbeaten eggs	2 cups flour
2 tsp. baking powder	

Mix all together, shape in balls and press in small patty pans. Press a shallow hole in the centre and put in mixture of jam and nuts and bake in quick oven. Very nice served with whipped cream.

— Iris Magus

## COCOANUT-GRAHAM MACAROONS

Beat 4 egg whites fairly stiff	Fold in $\frac{1}{2}$ cup chopped walnuts
Beat in 1 cup white sugar	1 cup shredded cocoanut
2 cups graham wafer crumbs	

Drop from a teaspoon on to a well-greased cookie sheet. Bake in oven at 375 deg. for 8 to 10 min. or until golden brown.

— Mrs. T. Lemmen

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2 eggs, well beaten	1 tsp. baking powder
1 cup granulated sugar	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla	1 cup walnuts, chopped
$\frac{3}{4}$ cup all-purpose flour	1 cup dates, chopped fine
	icing sugar

Beat eggs until light. Add granulated sugar gradually, beating well between each addition. Add vanilla. Sift, then measure flour. Add baking powder and salt and sift once again. Stir into above mixture and mix thoroughly. Mix in chopped nuts and dates. Spread in a well-greased 8-inch square pan. Bake in a moderate oven of 350 deg. for about 25 min. Bake until top has dull crust, but not hard. Cut into bars while warm. Cool slightly, then remove from pan. Roll in icing sugar. Yields about 3 dozen chews.

## CHOCOLATE SLICE

(Yields 36 squares)

$\frac{1}{2}$ cup butter	1 tsp. vanilla
1 egg unbeaten	2 cups graham wafer crumbs (24-26)
5 tbsp. sugar	1 cup cocoanut
5 tbsp. cocoa	$\frac{1}{2}$ cup chopped walnuts

Use an ungreased 9x9 pan. Place soft butter, sugar, cocoa and egg and vanilla in pan of hot water. Stir the mixture until butter has melted and is the consistency of custard. Mix wafer crumbs, cocoanut and nuts together. Add to cocoa mixture; pour into pan. Spread with the following frosting:

4 tbsp. butter	2 tbsp. vanilla custard pudding product
3 tbsp. milk	$\frac{1}{2}$ package of chocolate tinies
$\frac{1}{2}$ tsp. vanilla	2 cups icing sugar

Cream butter, combine milk with vanilla custard pudding, add to butter, mixing well. Blend in the sifted icing sugar, beating until light and fluffy. Add vanilla extract. Spread icing over chocolate base. Melt the chocolate tinies over hot water; add 1 tbsp. butter and blend until smooth. Spread over the icing. Allow to set. Cut into small squares.

—Mrs. C. Lemmen

## SWISS COOKIES

1 cup shortening	$2\frac{1}{2}$ cups flour
$\frac{3}{4}$ cups white sugar	salt
1 egg	$\frac{1}{2}$ tsp. baking soda
1 tsp. cream of tartar	

Cream shortening; add sugar, cream and egg. Sift dry ingredients together and add. Roll out lightly and cut out with round cutter. Bake in 350 degree oven for 15 mins. Put cookies together with jam, and ice.

—Mrs. I. Shibley

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## CHOCOLATE CAKE

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2 cups flour	2 eggs
1 1/4 cups sugar	1 tsp. baking soda
Pinch of salt	1/2 tsp. baking powder
1/2 cup Crisco	2 squares chocolate
1 cup of cold water	Oven temp.: 350 degrees

Sift baking powder with flour. Put baking soda into water. Beat eggs separately (yolks and whites). Melt chocolate. Cream Crisco and sugar. Add egg yolks and chocolate. Now add part of flour and water alternately, until it is all used up. Fold whites of eggs in last. Use half cup coffee and water if desired.

### Icing

2 tbsp. Crisco	5 tbsp. hot milk
1 tbsp. margarine or butter	2 cups sugar
3 squares chocolate	1/4 tsp. salt
1/2 tsp. vanilla (or strong coffee)	

Melt Crisco, butter and chocolate together over hot water. Pour hot milk over sugar and salt. Stir well until sugar is dissolved. Add vanilla or coffee. Then add chocolate mixture and beat until very thick. Spread.

—Mrs. L. B. Jones  
Los Angeles, Calif., U.S.A.

## GRAHAM WAFER FUDGE CAKE

1/4 cup butter	1 egg
2 cups brown sugar	1 tbsp. cocoa

Mix together in a saucepan and boil one minute, watch carefully as this is easily burnt. Remove from stove and add to 24 graham wafers rolled fine. Add 1/2 cup chopped walnuts. Press into buttered 8x8 pan and top with icing while still warm.

### Icing

1 1/2 cup icing sugar	3 tbsp. butter
3 tbsp. cocoa	2 1/2 tbsp. boiling water

—Mrs. Young

## CHEESE MARMALADE SHORTBREAD

1/2 lb. cheese	2 tbsp. icing sugar
1/2 lb. butter	4 cups sifted flour
	orange marmalade

Work cheese, butter, sugar and flour. Roll and cut with cookie cutter. Put 1/4 tsp. marmalade on one cookie and put another on top. Press edges with a fork. Bake in oven (325-350 deg.) for 20 minutes.

—Mrs. Young

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## ENGLISH WALNUT SLICE

$\frac{1}{2}$ cup butter	1 tsp. vanilla
$\frac{3}{4}$ cup brown sugar	$1\frac{1}{4}$ cups flour
2 egg yolks	$1\frac{1}{2}$ tsp. baking powder

Cream butter and sugar; add well beaten egg yolks, vanilla and flour. Press in cake pan. Sprinkle with 1 cup walnuts; beat egg whites and add 1 cup of brown sugar. Pour over nuts and bake altogether in moderate oven 350 degrees for 35 minutes.

— Mrs. Cochrane

## ALMOND BALLS

1 cup butter	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup fruit sugar	1 cup ground almonds
2 cups flour	1 tsp. almond extract
	candied cherries

Cream butter, add sugar, blend until light and fluffy, add flour, salt, almonds, and flavoring. Mix well. Take a tsp. of dough, put a cherry in the centre and roll into a ball. Bake in a slow oven 350 deg. for 30 minutes. Roll in fruit sugar.

— Mrs. Patterson

## NEW METHOD TWO-EGG CAKE

$\frac{1}{2}$ cup butter or part shortening	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ tsp. vanilla or any desired flavoring
$\frac{1}{2}$ cup granulated sugar	2 egg whites
$1\frac{2}{3}$ cup twice sifted flour	2 yolks
	$2\frac{1}{2}$ tsp. baking powder

Mix shortening and butter in a bowl. Heat milk in a double boiler. Add  $\frac{1}{2}$  cup of sugar and stir. Set aside to cool slightly. Sift flour, baking powder and salt twice. Add other  $\frac{1}{2}$  cup of sugar to shortening. Beat eggs separately. Add dry ingredients alternately with milk and sugar solution, ending with dry ingredients. Fold in beaten egg whites quickly. Bake at 350 deg. F. 25 to 30 minutes for layers. Frost as desired.

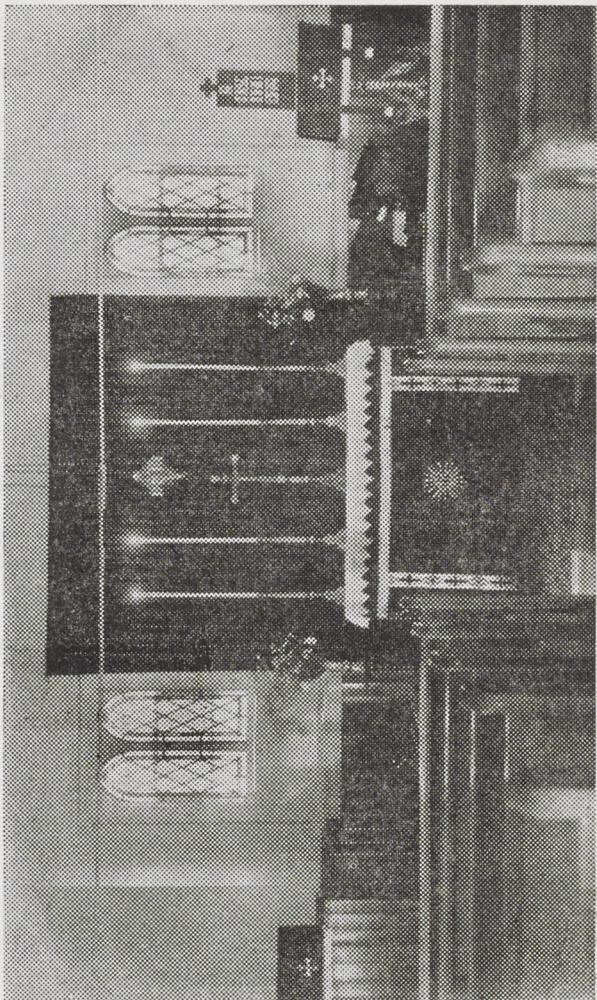
— Mrs. T. K. Rutherford

## MARSHMALLOW BROWNIES

1 egg	20 marshmallows
1 cup icing sugar	2 squares chocolate (bitter)
$\frac{1}{2}$ cup crushed walnut meats	$\frac{1}{2}$ tsp. vanilla

Beat egg and add icing sugar and vanilla. Add walnuts. Cut the marshmallows into quarters and add to mixture. Melt chocolate over boiling water and add to mixture, blending well until all is coated with chocolate. Drop by spoonfuls onto wax paper. Set in refrigerator to chill and dry. These dainties do not require cooking and are ready for use when thoroughly chilled.

— Iris Magus



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And finally, dear reader, say a prayer for us, and for our benefactors, and for those who have gone from our midst. May Light Perpetual shine on them.

**G**HEAVENLY FATHER who through Thy Son Jesus Christ has taught us not to be anxious, we trust ourselves and our loved ones to Thy loving care, knowing that underneath are the everlasting arms, and praying Thee to give us now and always that peace which the world cannot give, but which can be ours, through Jesus Christ Our Lord. Amen.

— Prayers used at St. Martins, No. 6

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## CHOCOLATE SLICE

$\frac{1}{2}$ cup butter	5 tbsp. white sugar
5 tbsp. cocoa	1 egg unbeaten
	1 tsp. vanilla

Place above in double boiler. Stir until butter is melted and is the consistency of custard. Mix together 2 cups graham wafers (30 single wafers), 1 cup fine cocoanut,  $\frac{1}{2}$  cup chopped nuts. Stir this into the cocoa mixture which has been removed from stove. Pack in 9-inch square pan.

### Icing

Combine 3 tablespoons milk with 2 tablespoons of vanilla custard powder. Cream 4 tablespoons butter and add custard mixture to it. Mix well. Then mix in 2 cups icing sugar. Spread over the cocoa mixture and allow to harden. Melt 4 ozs. semi-sweet chocolate over hot water and mix in 1 tablespoon butter. Spread evenly over the light icing.

— *Mabel Wileman*

## WELSH SCONES

2 cups flour	$\frac{1}{2}$ cup currants
2 tsp. baking powder	2 eggs well beaten
$\frac{1}{4}$ tsp. salt	2 ozs. butter or shortening
$\frac{1}{4}$ cup sugar	scant $\frac{1}{2}$ cup of milk

Sift flour, baking powder and salt together. Mix in shortening. Add sugar and currants and mix all with eggs and milk. Roll thin and bake on griddle or heavy pan until brown on both sides.

— *Mrs. Geo. Roberts*

## PASTRY

2 cups flour	$\frac{2}{3}$ cup shortening	$\frac{3}{4}$ tsp. salt
	4 or 5 tbsp. cold water	

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## *Desserts, Pies, Etc.*

### QUICK RAISIN PUDDING

1 cup flour	$\frac{1}{2}$ cup milk
2 tsp. sugar	1 cup brown sugar
2 tbsp. shortening	1 tbsp. butter
2 tsp. baking powder	1 cup raisins
1 $\frac{3}{4}$ cups boiling water	Pinch of salt

Sift flour, sugar and salt. Cut in shortening until mealy. Add baking powder and raisins. Mix lightly together, with milk, using a fork. Put into a greased casserole. Mix brown sugar, butter and boiling water together, and pour over flour mixture. Bake 30-35 minutes at 375 deg.

— Joan Herzog

### BANANA CHIFFON PIE

(with Graham Wafer Crust)

1 $\frac{1}{2}$ cups Graham Wafer crumbs	$\frac{1}{2}$ cup orange juice
$\frac{1}{3}$ cup powdered sugar	3 eggs, separated
$\frac{1}{2}$ cup butter or margarine, melted	$\frac{1}{4}$ tsp. salt
1 pkge. plain gelatine	$\frac{1}{2}$ cup sugar
2 small bananas, mashed	

Crush wafers, add  $\frac{1}{3}$  cup sugar and melted butter; blend and line pie plate; chill while gelatine thickens. Soften gelatine in  $\frac{1}{4}$  cup orange juice and let stand. Beat egg yolks slightly, add rest of orange juice, salt and  $\frac{1}{4}$  cup sugar. Cook in double boiler, stirring constantly, until mixture coats spoon. Add gelatine, stir until dissolved. Add mashed bananas. Chill until mixture begins to thicken. Beat egg whites until stiff, add rest of sugar, fold into other mixture, pile into crust and chill until firm.

— Mrs. Patterson

### LEMON FLUFF

$\frac{1}{2}$ lb. fruit sugar	1 pint milk	2 eggs
1 package Davies gelatine	2 lemons	

Dissolve gelatine in small cup of water. Put sugar, milk and grated rind of lemon on fire; when slightly warm add beaten yolks and bring to boiling point. Add gelatine. Remove from heat and cool; then add whites very stiffly beaten and lemon juice. Turn into mold. Cool in refrigerator.

— I. Magus

### RHUBARB SNOW

1 $\frac{1}{2}$  cups rhubarb cooked with  $\frac{1}{2}$  cup sugar, 1 cup water, 1 tablespoon lemon juice, thickened with 1 tablespoon corn starch. When cool beat in whites of 3 eggs.

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## APPLE BETTY

2 cups apple sauce (sweetened)  
1 teaspoon cinnamon  
1 cup graham cracker or bread crumbs  
3 tablespoons chopped walnuts  
 $\frac{1}{2}$  cup of brown sugar  
1 teaspoon grated lemon rind  
4 tablespoons butter

Add cinnamon to thick apple sauce and spread in baking dish. Top with crumbs to which nut meats, sugar, lemon rind and butter (melted) have been added. Bake in hot oven till brown.

## BANANA CREAM PIE

$\frac{1}{4}$ cup white sugar	2 tbsp. flour
1 cup milk	butter size of an egg
2 eggs (separate yolks and whites)	vanilla

Boil until thick. Slice bananas on to crust and pour custard mixture over. Whip whites and put on top. Brown in oven.

## PEACH COBBLER

12 halves peaches	1 cup flour
$\frac{1}{3}$ cup sugar	2 tbsp. fat
2 tbsp. water	$\frac{3}{8}$ cup milk
$1\frac{1}{2}$ tsp. baking powder	

Place halves in bottom of glass baking dish and add sugar and water (syrup from canned peaches may be substituted for water). Mix and sift dry ingredients. Cut in fat and add milk. Mix lightly and spread dough over peaches in buttered baking dish (other fruits or berries may be used instead of peaches). Bake in 450 degree oven for 30 minutes. Yields 6 servings.

## PINEAPPLE WHIP

2 cups uncooked rice,  $\frac{1}{4}$  tsp. salt, covered with hot water and steam till kernels are soft. Chill. Take 1 small can of crushed pineapple, drain fairly dry and add to rice. Take  $1\frac{1}{4}$  cups whipping cream, sugar to taste and  $\frac{1}{4}$  tsp. vanilla and whip stiff. Add to pineapple and rice mixture. Will serve 8.

— Mrs. Stalker

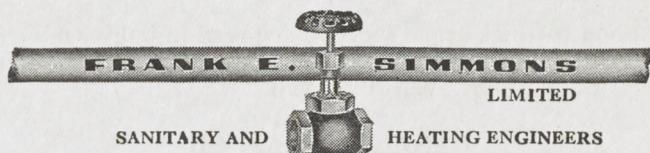
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## *Meat, Etc.*

### TASTY CHOPS

6 pork chops	2 cups sliced apples
16 crackers	$\frac{1}{2}$ cup sliced onions

Into greased baking dish put alternate layers of crackers, apples, chops and onions. Season meat to taste and bake covered at 375° for 40 minutes. Then uncover and brown well.

— *Mrs. A. Stalker*

### VEAL LEGS

Get two nice lean veal steaks, trim all waste off. Then take bread crumbs, celery salt, pepper, salt, one egg and a little flour. Mix well and roll in good size pieces of steak. Place a toothpick through to hold in place. Fry in deep fat for 15 minutes, turning all the time till nice and brown. Place in casserole, cover in water and place a lid on and bake  $\frac{1}{2}$  hour.

— *Mrs. A. Stalker*

### CHILI CON CARNE

1 lb. minced steak	1 can mushrooms
$\frac{1}{2}$ onion (sliced)	2 tbsp. chili powder
1 clove garlic (sliced)	1 tin tomato soup
1 tin kidney beans	$\frac{1}{2}$ green pepper

Brown the steak, onion and garlic. Add other ingredients and simmer slowly for one hour.

— *Mrs. H. A. Sulkers*

### HAMBURGER AND CORN BREAD

1 $\frac{1}{2}$ tbsp. butter	2 cups milk (or 1 milk, 1 water)
2 tbsp. flour	1 medium onion
$\frac{1}{2}$ lb. hamburger	salt to taste

Melt butter, add finely chopped onions and fry until golden brown. Add flour and slowly add milk, stirring constantly until all milk is added. Then add meat and mix well. Cook slowly for 15 minutes or until meat is cooked. Serve over hot corn bread.

#### Corn Bread

1 cup corn meal flour	4 tbsp. shortening (melted)
1 cup sifted flour	1 egg, beaten
1 tsp. salt	1 cup milk

Sift dry ingredients, stir in egg and milk. Fold in shortening. Pour into greased 8" pan. Bake in hot oven (425°) 20-25 minutes.

— *Muriel Zebinski*

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## PORCUPINE BALLS

1 lb. ground round steak	$\frac{1}{2}$ chopped onion
$\frac{1}{2}$ cup uncooked rice	1 can tomato soup
$\frac{1}{4}$ tsp. salt	few grains pepper

Mix steak, onion and rice together. Season with salt and pepper and form into about six balls. Place into greased casserole and cover with tomato soup. Bake two hours in moderate oven, 350 degrees. Rice will swell and pop out in tiny pieces.

## SALMON KING

1 $\frac{1}{2}$ lb. tin pink or red salmon	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ tin cream of mushroom soup	$\frac{1}{8}$ tsp. pepper
1 tbsp. grated onion	$\frac{1}{8}$ tsp. sage
1 tbsp. lemon juice (optional)	$\frac{1}{4}$ cup milk
2 cups tea biscuit dough	

Combine first 7 ingredients, then make dough. Roll dough in oblong shape about  $\frac{1}{4}$  inch thick and spread on salmon mixture. Bring sides together on top of the salmon and seal forming a long roll. Place roll in a greased baking dish or an angel cake pan. Join ends together to make a circle. Bake in hot oven 425 deg. for 15 to 20 mins. Heat remaining mushroom soup with  $\frac{1}{4}$  cup milk and serve as a sauce.—Serves 6.

—Mrs. D. Swan

## DEVILLED SPARERIBS

6 medium sized potatoes	2 $\frac{1}{2}$ lbs. pork spareribs
6 medium sized onions	

### Sauce

$\frac{1}{2}$ cup tomato catsup	1 tbsp. prepared mustard
2 tbsp. vinegar	1 tsp. brown sugar
2 tsp. salt	1 cup water

Peel potatoes and onions and place in large roaster, slice if desired. Cover with spareribs, which have been cut into pieces. Mix ingredients for sauce and pour over all. Cover and bake in a moderate oven 350 degrees for about 1 $\frac{3}{4}$  hours or until vegetables are tender. Baste 3 or 4 times during baking and remove cover the last 30 mins. to allow meat to brown. If sauce is not as thick as desired, boil over direct heat until of right consistency.

—Mrs. I. Shibley

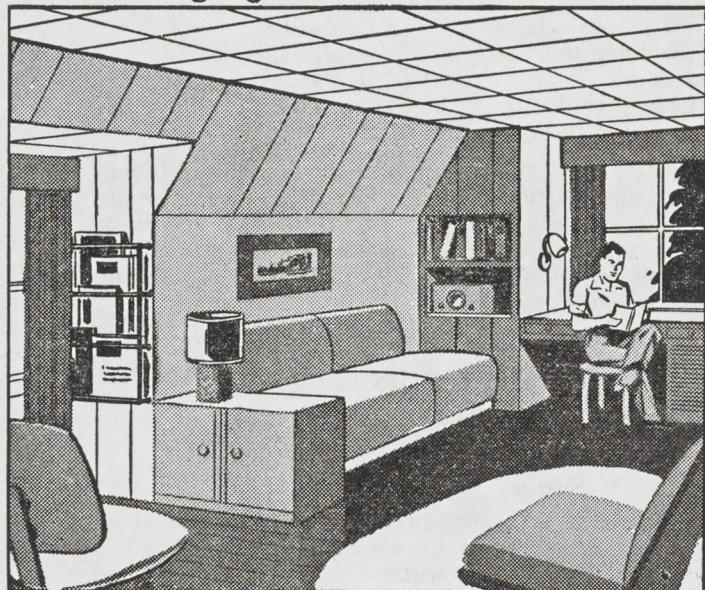
## SALMON ROLL

Make biscuit dough, roll out  $\frac{1}{4}$  inch thick. Open small tin good salmon (drain well), fork on to biscuit dough evenly. Salt and pepper to taste. Then roll like a jelly roll and place on cookie sheet. Bake in oven 370 degrees for 30 minutes or until dough is done. Make thick cream sauce. Add package of frozen peas (which have been thawed in boiling water). Place roll on platter and pour creamed sauce with added peas over roll. Serve at once. This serves 4 to 6.

—Mrs. Wm. Stalker, Sr.



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## BAKED FISH CAKES

2 cups flaked fish (cooked or canned)	2 eggs
2 cups bread crumbs	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ green pepper (chopped fine)	$\frac{1}{4}$ tsp. pepper
1 tbsp. lemon juice	$\frac{1}{4}$ cup milk

Combine fish, crumbs, seasonings, green pepper and lemon juice. Beat eggs, combine with milk and mix with fish. Press into greased custard cups and bake in moderate oven, 350 degrees, for about  $\frac{1}{2}$  hour. Serve unmolded with white sauce (onion can be added if desired), garnish with parsley or water cress.

## SILLY SYMPHONY

For dinner on April 1st serve pie first. The pie is a meat loaf baked in a deep pie pan. Just before serving, top it with a "meringue" of fluffy mashed potatoes. Cut the pie at the table and serve it on a dessert plate with cheese on the side — just for fun.

## PLATE MEAL

2 halves of baked potatoes, with a cavity in each—1 filled with creamed veal or chicken and the other with mushrooms or buttered peas makes a grand meal all on one plate.

## MEAT CROQUETTES

1 tbsp. fat	4 tbsp. flour	1 cup milk
2 cups finely ground cooked meat	$\frac{1}{8}$ tsp. pepper	
1 tbsp. chopped onion	$\frac{1}{2}$ tsp. salt	1 egg
1 tsp. minced parsley		fine dry bread crumbs

Melt fat, add flour and blend. Add milk and cook until very thick, stirring constantly. Add meat, onion, seasonings and parsley. Thoroughly chill. Form into cylinders, pyramids or patties, dip into crumbs, then into slightly beaten egg mixed with 2 tbsp. water and into crumbs again. Chill. Fry in hot deep fat (380 deg. F.) until brown. Serves 4.

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## *Pickles*

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### 9-DAY PICKLES

Select firm, fresh cucumbers about 4 inches long. Wash well, scrubbing with soft vegetable brush to remove all dirt. Dry each one with a clean dry cloth. Slice each one cross-wise in about half inch slices. Place in a large bowl or crock. Boil water, then cool to luke warm. Cover cucumbers with this water and measure carefully as it is poured in. Mark down amount used. Add salt in proportion,  $\frac{3}{4}$  cup of salt to every 8 cups of water. Cover crock and leave in a cool dry place for 3 days. On the 4th day, drain thoroughly, cover with fresh brine using same proportions as before. Cover and leave for 3 more days. On the 7th day drain again. Prepare next solution as follows, knowing the amount of liquid to cover the cucumbers, adding 1 teaspoon alum to every 16 cups of water. No salt is added this time. Bring water and alum just to boil, cool to luke warm, add to cucumbers, cover and leave for 8 hours, then drain thoroughly. Prepare the following vinegar solution to pour over pickles: 16 cups of white vinegar, 3 cups granulated sugar, 2 tbsps. white cloves, 2 tbsps. allspice berries, 4 1-in. sticks of cinnamon. Combine spices with the sugar and vinegar, bring just under boil, stirring continually (spices may be left out if not available). Remove from heat and cool to luke warm. Then pour on top of cucumbers, cover and leave for 3 days. On the 9th day drain off liquid and spices. Save the liquid. Pack cucumber slices in hot clean jars. Bring drained liquid to a boil, cool to luke warm and pour over cucumber slices in jars. Seal jars tight and wipe dry. If using a crock, cover cucumber slices with a plate, weighted down. Store in cool dry place. Allow pickles to mature and flavor for at least two months before using. Pickling onions can be used in with cucumbers if desired.

— Mrs. Thompson

### PICKLED ONIONS

4 quarts of white onions  
1 cup salt  
 $1\frac{1}{2}$  quarts boiling water  
5 cups white vinegar  
3 cups water  
2 cups sugar  
cup whole mixed pickling spices.

Drop onions in boiling water to loosen skins, drain and peel. Cover with boiling brine made with salt and water. Let onions soak in brine for 24 hours. Drain and soak in fresh water 1 hour. Drain again. Place onions in hot sterilized jars and fill to overflowing with boiling syrup. Make syrup by combining vinegar, water, sugar and bring to boil with spices tied in bag loosely. Boil for 1 minute. When jars are filled seal tightly at once. Cool jars quickly and store in cool dry place.

— Mrs. Thompson

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## HOT DOG RELISH

4 cups ground onions	1 med. head cabbage (4 cups ground)
12 green peppers	10 green tomatoes (4 cups ground)
6 sweet red peppers	4 cups vinegar
½ cup salt	1 tbsp. celery seed
6 cups sugar (or less)	2 tbsp. mustard seed
1½ tsp. tumeric powder	2 cups water

Grind the vegetables using a fairly coarse blade. Sprinkle with  $\frac{1}{2}$  cup salt and let stand overnight. Rinse and drain well. Combine the remaining ingredients and pour over the vegetable mixture. Heat to boiling. Simmer for 3 mins. Seal in hot sterilized jars.

—Mrs. D. Swan

## BEET RELISH

½ cup mustard	1 cup flour
3 lbs. sugar	1 tsp. tumeric
3 pts. vinegar	2 tsp. celery seed

Boil beets put through chopper. Combine dry ingredients with vinegar to make sauce. Cook sauce until thickened. Add chopped beets. Put in jars and seal.

—Mrs. D. Swan

## PICKLED BEETS

Cook beets first until tender. Take care not to bleed them.

### Syrup

1½ cups white sugar	1 lemon sliced thin
2 cups water	1 tsp. cinnamon
2 cups vinegar	1 tsp. cloves
1 tsp. allspice	

Mix ingredients and boil 5 mins. Pack beets into hot sterile jars and fill to overflowing with syrup. Seal immediately.

—Mrs. D. Swan

## PLUM CHUTNEY

5 lbs. plums (wild)	1 qt. vinegar
5 lbs. apples	3 lbs. brown sugar
3 medium-sized onions	4 or 5 pcs. ginger root
2 tbsp. whole pickling spice	1 tbsp. salt

Pit plums, cut in two; add apples, quartered and chopped onions; add vinegar, salt and sugar; boil until thick, about half an hour, stirring often.

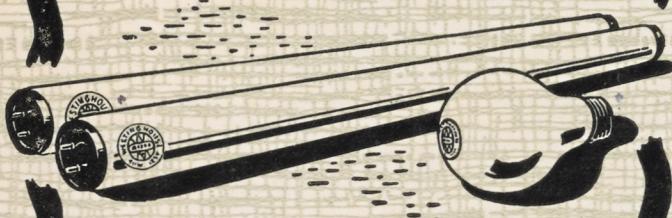
—Mrs. T. K. Rutherford

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